

# WELLBEING

SUPPORTED HOUSING

# TOOLKIT

Take time to heal  
and recover

Share success stories  
and acknowledge  
each other's  
achievements

Wellbeing Wednesday's  
Staff Quiz?  
Lunch Walk&Talk?  
Office Games?

Celebrate  
each other's  
birthdays

Take your lunch  
and regular  
breaks from the  
screen

Engage in social  
activities outside of  
work

Attend RPS and  
seek professional  
help when needed

Regularly debrief as a  
team when something  
difficult comes up for